

YOUTH PROGRAMS

Weekday programs held within a school are cancelled if school is closed or cancelled

REC. BASKETBALL LEAGUE (WRBL)

Grades: 5 - 8 (**Limited availability**)
Dates: November 30 - February 6,
no 12/24 - 1/1 or 1/18,
9 Weeks
Cost: \$98 (Includes late fee)

This will mark the 53rd year for Wilmington Recreation Basketball! There are 9 Saturday games and a one-hour weeknight practice each week, with separate divisions for boys and girls. Games and practices will be held in Wilmington school gyms.

[Register online!](#)



**Last
call**



Beyond TOPS for Special Needs Children



This program for special needs children ages 3 - 18 allows participation in group games and basketball. Children are paired with a volunteer middle or high school student.

The program is on
**Saturdays, December 5 - February 6 (no 12/12 or 12/26),
10:30 - 11:30 a.m.**

in the North Intermediate Cafeteria. Contact Niki Wilson at Niki-Wilson3@gmail.com for registration and information.



YOUTH PROGRAMS

Weekday programs held within a school are cancelled if school is closed or cancelled

BEGINNER BALLET LESSONS

Instructor: Nicolette McCoy
Ages: Ages 2 & 3
Dates: Fridays, January 29 - March 11 (no 2/19), 6 Weeks
Time: 11 - 11:45 a.m.
Location: Lorraine Spada School of Dance
 52 Main Street, Suite #3
Cost: \$52

A great way to introduce music and movement into your child's life. They will have so much fun twirling, skipping and hopping their way through this beginner ballet program. Ballet slippers are optional.



KARATE CLASSES

Instructor: Academy of Traditional Karate
 155 West St.
Dates: Tuesdays, January 19 - February 9, 4 Weeks
Cost: \$37

<p><u>Little Dragons</u> Ages: 3 - 4 5:00 - 5:30 p.m.</p>	<p><u>Little Samurai</u> Ages: 5 - 8 5:40 - 6:10 p.m.</p>
---	---



Classes include basic Karate moves, Japanese culture and life skills. T-shirt and red belt keychain included.

YOGA-PLAY

Instructor: Nicole Walker
Dates: Saturdays, January 2 - February 6, 6 Weeks
Location: West Intermediate Music Room
Cost: \$37

Yoga for Tots

Ages: 2 - 4 w/caregiver
Time: 10 - 10:45 a.m.

Little Yogis

Ages: 5 - 8
Time: 9 - 9:45 a.m.

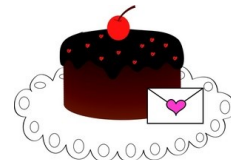
An introduction to yoga - children will learn yoga poses and practice individually and in a group. Non-competitive and fun to develop confidence, awareness and control. Bring a yoga mat and water.



VALENTINE'S DAY CAKE DECORATING

Instructor: Stephanie Almeda,
 Cake Talk Custom Confections
Grades: 1 - 5
Date: Wednesday, February 10
Time: 4 - 5:30 p.m.
Location: Town Hall Auditorium
Cost: \$28

In this new class, students will decorate a pre-baked 8" cake to share with the family! Students will make buttercream frosting and learn decorating techniques. All supplies are provided. Wear your favorite apron.



STEM Fun

Instructor: STEM Beginnings
Dates: Saturdays, January 2 - February 6, 6 Weeks
Location: Shawsheen Cafeteria
Cost: \$90

TOTS

Ages: 3 - 5
Time: 9:15 - 10:15 a.m.

KIDS

Ages: 5 - 8
Time: 10:30 - 11:30 a.m.

STEM Beginnings offers fun-filled programs appropriate for young children focused on building and sustaining interest in the areas of Science, Technology, Engineering and Math.

CHEFS IN TRAINING - FLAPJACK FUN!

Instructor: Lori Deliso, Kids Cooking Green
Grades: 2 - 5
Date: Wednesday, February 24
Time: 4 - 5:30 p.m.
Location: WHS Consumer Science Room
Cost: \$37

In this hands-on class, students will make Whole Wheat Banana Berry Pancakes and hand shaken butter! Top it off with maple syrup for a delectable treat.



YOUTH PROGRAMS

Weekday programs held within a school are cancelled if school is closed or cancelled



F

The Rookies

Registration Begins:

Tuesday, February 2

Registration Deadline: Thursday, March 17

Ages:

Age 5 (by 4/30/2016) - Grade 1

Dates:

Monday - Thursday, April 25 - June 2, 6 Weeks. No practice 5/30.

Location:

Boutwell Field

Cost:

\$26



This co-ed program begins with two weeks of T-Ball (Spring Training!) and moves forward into the season with coaches pitching. Teams will practice once a week to allow players to improve their baseball/softball skills and play one game each week for fun! Choose a **Monday-Wednesday** or **Tuesday-Thursday** Schedule.

SPORTS 101



Instructors:

Meredith Cipriani & Allie Bleier

Ages:

4 - Kindergarten

Dates:

Saturdays, February 27 - March 26, 5 Weeks

Times:

9 - 9:50 a.m. or 10 - 10:50 a.m.

Location:

West Intermediate Gym

Cost:

\$52

This program blends sports and games for overall fun! Sample such sports as soccer, basketball, kickball, T-Ball and pillow polo hockey, throw in some relay races for the most fun ever! When you pick up your child after class each week, ask them what they learned today!

KINDER SOCCER

Instructors:

Meredith Cipriani & Allie Bleier

Ages:

4 - Kindergarten

Dates:

Saturdays, February 27 - March 26, 5 Weeks

Times:

11 - 11:50 a.m.

Location:

West Intermediate Gym

Cost:

\$52

Just like the big kids, now you can play soccer indoors while learning about the game.



VIKING SOCCER CLINIC

Instructors:

Viking Sports Camps

Age:

3 w/caregiver

Dates:

Saturdays, February 27 - March 26, 5 Weeks

Times:

9 - 9:45 a.m. or 10 - 10:45 a.m.

Location:

West Intermediate Cafeteria

Cost:

\$57

This introductory program teaches beginning soccer skills using age-appropriate techniques. The primary goal(!) is to have fun!



YOGA-PLAY

Instructor:

Nicole Walker

Dates:

Saturdays, February 27 - March 26 (no 3/5), 4 Weeks

Location:

West Intermediate Music Room

Cost:

\$26



Yoga for Tots

Ages:

2 - 4 w/caregiver

Time:

10 - 10:45 a.m.

Little Yogis

Ages:

5 - 8

Time:

9 - 9:45 a.m.

An introduction to yoga - children will learn yoga poses and practice individually and in a group. Non-competitive and fun to develop confidence, awareness and control. Bring a yoga mat and water.

POTTERY PLUS!

Instructor:

Tricia Langeleh, Magic Brush Pottery

Grades:

K - 4

Dates:

Saturdays, February 27 - March 26, 5 Weeks

Time:

10 - 11 a.m.

Location:

West Intermediate Art Room

Cost:

\$62

This class offers three weeks of pottery, one fused-glass project and a canvas painting. All pottery pieces will be functional, food-safe and make a memorable hand-crafted gift or collectible. Paints are non-toxic and washable. Samples will be on display in the Recreation office.



SKATING LESSONS

Instructors:

Wilmington Figure Skating Club

Dates:

Fridays

January 8 - February 26 (no 2/19) 7 Weeks \$120

Sibling registered for the same session \$109

March 4 - April 29 (no 4/22) 8 Weeks \$135

Sibling registered for the same session \$123

Cost includes one-time annual \$15 USFSC registration fee (7/1/15 - 6/30/16)

Time:

4 - 4:50 p.m. or 5:20 - 6:10 p.m.

Location:

Ristuccia Memorial Arena

Equipment:

Helmet and single blade skates

Learn to Skate: Age 4 & up

Class consists of 25 minutes of instruction and 25 minutes of practice time.

Learn to Skate - Hockey: Age 5 & up

No pucks or sticks are used. Children without the necessary skills will move into Learn to Skate.



FAMILY FUN SKATES

Date:

Fridays, January 1 & February 19

Time:

4 - 6 p.m.

Location:

Ristuccia Arena

Head to the rink for some cool fun!

Free for students enrolled in the Learn to Skate Program.





YOUTH BASKETBALL

Weekday programs held within a school are cancelled if school is closed or cancelled

☐ Registration form is required - available in the Recreation Office and on our website.



KINDER BASKETBALL

Instructor: Meredith Cipriani & Allie Bleier
Ages: 4 - Kindergarten
Dates: Saturdays, January 9 - 30, 4 Weeks
Times: 9 - 9:50 a.m. or 10 - 10:50 a.m.
or 11 - 11:50 a.m.
Location: West Intermediate Cafeteria
Cost: \$37

It all starts here! Learn and best of all - have a "ball"! Parents are invited to attend part of the last class for a demonstration of the newly-acquired skills!



☐ JUNIOR BASKETBALL

Grades: 1 & 2
Dates: Saturdays, January 2 - February 6, 6 Weeks
Location: Shawsheen Gym
Cost: \$47 (includes \$10 late fee)

This co-ed instructional league introduces the basics. Teams play a staggered schedule of Hourly sessions that include drills and scrimmages.



HIGH SCHOOL HOOPS

Keep in shape and have fun this winter playing organized pick-up basketball! Participants are **required** to wear a blue/white reversible mesh jersey. If needed, they are available in the Recreation Dept. for \$10.

\$21

☐ BOYS FRESHMAN HOOPS

Grade: 9
Dates: Mondays, November 30 - February 1, (No 12/28 or 1/18), 8 Weeks
Time: 8 - 9:30 p.m.
Location: North Intermediate Gym

☐ BOYS SOPHOMORE HOOPS

Grade: 10
Dates: Thursdays, December 3 - February 4, (No 12/24 or 12/31), 8 Weeks
Time: 8 - 9:30 p.m.
Location: North Intermediate Gym

☐ JUNIOR/SENIOR HOOPS

Grades: 11 & 12
Dates: Thursdays, December 3 - February 4, (No 12/24 or 12/31), 8 Weeks
Time: 8 - 9:30 p.m.
Location: Middle School Gym

INTRO TO VOLLEYBALL

Instructor: Katie Lulsdorf
Dates: Tuesdays, March 1 - April 5, 6 Weeks
Location: Woburn Street Gym
Cost: \$37

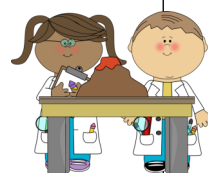
Grades 2 & 3	Grades 4 & 5
6 - 6:50 p.m.	7 - 7:50 p.m.



This new introductory program will teach the basics of this life-long sport using modified equipment as well as standard volleyballs. Students will develop skills and play mini-games.

CHEMFUN

Instructor: High Tech High Touch
Grades: 1 - 3
Dates: Mondays, March 7 - April 4, 5 Weeks
Time: 4 - 5 p.m.
Location: Town Hall Auditorium
Cost: \$78



Find out how much fun chemistry can be while making chemicals pop, fizz and foam! Explore chromatography as you watch colors separate before your eyes. Erupt a volcano, make your own silly putty and make gummy candies as you learn CHEMISTRY!!

IRONCLAD MARTIAL ARTS

Supervisor: John Johnston
Location: IronClad Martial Arts Center
 442 Main Street
Dates: March 1 - 31 *Unlimited Sessions!*
Cost: \$36

These classes are a combination of different martial arts (Muay Thai, Jiu Jitsu, Krav Maga, Karate and Wrestling) intended to improve self discipline, balance, flexibility, coordination and self control. Students can have fun while learning basic martial arts skills!

Ages: 4 - 7 *Unlimited visits!*
Times: Mon. & Wed.: 4 - 4:30 p.m.
 Tue. & Thu.: 4:30 - 5 p.m.
 Sat.: 9:30 - 10 a.m.

Ages: 8 - 11 *Unlimited visits!*
Times: Mon. & Wed.: 4:45 - 5:30 p.m.
 Tue. & Thu.: 5 - 5:45 p.m.
 Sat.: 10:15 - 11 a.m.

YOUTH PROGRAMS

Weekday programs held within a school are cancelled if school is closed or cancelled

EVERYDAY ETIQUETTE

Instructor: Brenda Emerzian, Core

Etiquette LLC

Grades: 2 - 5

Date: Wednesday, February 17

Time: 10 - 11 a.m.

Location: Town Hall Auditorium

Cost: \$19



This new program will cover material such as manners and basic table setting, addressing adults and handshaking.

International Culture through Cooking

Instructor: Lori Deliso

Grades: 9 - 12

Time: 2:15 - 4:15 p.m.

Location: WHS Consumer Science Room

Cost: \$42 per class

Explore the culture of different countries through their foods in this hands-on class. Class ends with a feast of your creations!

Spanish

Friday, February 12

What is a tapa? Learn the ritual of a tapa, how to make them and then, in typical Spanish fashion, enjoy your creations in unhurried fashion!

Italian

Friday, February 26

Italy is all about food, culture, family and festivals! Learn the fine art of homemade pasta making, how to stuff a ravioli and the best way to shape a tortellini. Prepare two sauces and then the feast begins!

TEENS SEEKING EMPLOYMENT

Instructor: Brenda Emerzian

Grades: 9 - 12

Date: Wednesday, February 17

Time: 11 a.m. - 12 p.m.

Location: Town Hall Auditorium

Cost: \$19

This new program will discuss the elements of a good handshake, introductions along with job applications and interview pitfalls.

Be prepared for summer employment opportunities!



PAINT NIGHT!

Instructor: Corine Mazza

Time: 6:30 - 8:30 p.m.

Location: Town Hall Auditorium

Cost: \$52 (2 weeks)

Yes you can! Under the guidance of our talented instructor, you will paint a beautiful winter scene with oils on canvas!

All supplies are included. Samples are on display in the Recreation Office.



Grades 3 - 6

Fridays

March 4 & 11

